



Town of Estes Park Senior Services  
Estes Park Senior Center  
220 Fourth Street  
Estes Park, Colorado 80517  
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## **Our dreams: how to explore their meaning and intention**

### **Introductory presentation and experiential workshop offered**

Do you wake up from your dreams and wonder, what was that all about? Or do you sense that your dreams have a deeper, unexplored meaning? Perhaps you feel a little fearful about what you'll discover and have a curiosity to learn what these nightly messages are saying to you. If so, there are two programs offered at the Estes Park Senior Center, 220 Fourth Street, which will provide practical and insightful information.

Mary Jo Heyen, Archetypal Dreamwork Practitioner, will give an Introductory Presentation on Wednesday, April 15 from 1:00 to 2:00 p.m. The second is an Experiential Dream Workshop on Wednesday, April 22 from 1:00 to 3:00 p.m. Both programs are free; however advance sign up is required for each program. Call or stop by the Senior Center to sign up for either one or both programs.

The Introductory Presentation will provide an overview of Archetypal Dreamwork and what to expect during the Experiential Dream Workshop. Those interested in the Workshop should bring two to three recent dreams (written down) that you are willing to discuss and a notebook for dream exploration practice.

Mary Jo states, "By using dreams that you've brought with you that you are willing to share and discuss, and by applying some simple techniques, you will learn how to look at them with new eyes, how to 'open up' your dreams and learn what they are trying to teach you, how much your dreams want to say to you. Step by step, being present with each other, you will learn how to work with the images and feelings that are in every dream."

She shares more insight, "Our dreams are as unique as our fingerprints and as personal as our DNA because they change and grow as we change and grow. A dream is a nightly communication, so very personal, individually tailored for each of us. Our dreams can be loving, terrifying, and laugh out loud funny. They all come with the intention to heal those parts of ourselves that have been wounded and to remind us that we all have inner love and support. Understanding our dreams can also be a support for a current spiritual practice, or a practice in itself, deepening the connection with our true self."

For more information on Mary Jo Heyen, Archetypal Dreamwork Practitioner, please visit her website at [www.maryjoheyen.com](http://www.maryjoheyen.com)

For more information, please contact the Estes Park Senior Center at (970) 586-2996 or visit the Center at 220 Fourth Street, Monday through Friday between 9:00 a.m. and 4:00 p.m. Please visit the Senior Services website at [www.estes.org/seniorcenter](http://www.estes.org/seniorcenter). To receive Senior Services news in your e-mail inbox, please e-mail [lmitchell@estes.org](mailto:lmitchell@estes.org)

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